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**Food Is Better Medicine than Drugs**

by Patrick Holford and Jerome Burne  
Piatkus, £12.99

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WE DON'T have to swallow what the big multinational drugs companies tell us. Of course, they want us to keep popping their pills; it's how they make their enormous profits. But nutritionist Patrick Holford, a disciple of Nobel Prize winner Linus Pauling, and medical journalist Jerome Burne argue convincingly in this book that many chronic health problems can be successfully treated by diet instead of drugs. Intelligent, well-argued and thought-provoking stuff.

**Lucy Knox**